

Snapshot overview



100 Families WA

“If we are in this together, then welcome to our world”

100 Families WA is a collaborative action research project with a vision to address the issue of entrenched disadvantage as experienced by families living in Western Australia.

All families who took part in the project were living in entrenched disadvantage or hardship. Although some commonalities existed the families involved came from a variety of backgrounds and lived experiences e.g. experiencing homelessness, grandparent carers, single mothers etc.

This project is dedicated to ensuring that findings, insights and realisations collected via surveys and interviews are shared widely promoting greater awareness, understanding, and support change.

Housing



52%

of families had experienced homelessness at some point in their lives.

One in three males and one in 10 females (17% overall) were homeless at the time of survey

Hunger and Food Insecurity



80%

58%

Families reported having low or very low food security, with adults experiencing higher levels of food insecurity than their children.

“Sometimes I’ve exhausted all food options and no-one can help”.

Families experiencing food insecurity are often faced with difficult choices, such as purchasing food or paying bills and rent.

Health



82%

of families reported a diagnosis of at least one chronic health condition



76%

of family members reported a diagnosis of at least one mental health condition

“I can’t look for work because I’m anxious and depressed, but I need to work to stop being anxious and depressed”

A high proportion of families were experiencing adverse health and mental health conditions that impacted on their ability to work.

Financial Vulnerability



86%

had a debt that was not a mortgage on their home.

Of that 86%:



54% had overdue utility bills



61% had a personal loan



39% had overdue personal bills



27% had a loan from a payday lender

Trying to survive on allowances, such as Jobseeker, means living well below the poverty line. One way to immediately fix this, supported by a wealth of evidence, is for the government to raise the rate of income support.

Navigating Support Systems

- Personal and Family Circumstance
- Organisational Factors
- Systemic Factors

“I’ve got too much on my mind, it all felt too much at the time.”

“The only available appointments are often two weeks away but you need help today.”

“We keep getting told we don’t fit criteria”

100 Families WA findings show that effort doesn’t always equal rewards, with families attempts to access formal support services not always yielding results.

Navigating Support Systems

What are the ways in which the Coronavirus Supplement has affected family member's lives?

Issue	%	Example
Bills	43	"Helped me get up to date with rent, bills, gave me a breather from everything else that's happening"
Food	28	"Well it's made it a lot easier, I can feed the girls a lot better, I have been able to supply more balanced meals"
Improved quality of life	52	"Not under the poverty line anymore, able to go out. Lasts two weeks."

Families who received the Coronavirus Supplement, as well as reporting that they could repay debt, and purchase sufficient and nutritious food, stated they improved their quality of life.

*Note: Percentages do not add up to 100.0 as family members responses may have been coded to multiple categories.

Interview Insights

Issues

Certain **experiences were prevalent** in people's lives, including in childhood e.g. abuse and trauma

Families feel 'othered' and often excluded from mainstream society. They are very aware of public and political narratives **and it hurts**.

Current support systems are only able to help families **'survive' and not thrive**.

The system and services are **not designed from the perspective of lived experience**.

Income support is insufficient to meet families basic needs.

Relationships and social connection are **very important**.

Ways Forward

Earlier interventions and investment is needed.

Responsible and sensitive messaging is needed to counter current stigmatising rhetoric and public discourse.

Families want support systems which are:

- **Local, informal and community centered**
- **Flexible, connected, affordable and effective**
- **Appropriately resourced**

"Listen to us" - Support systems need to engage more deeply and work together with those who hold lived experience. This is especially true of government.

Government to appropriately **raise the rate** of Jobseeker and other income benefits.

Relationships and social connection are critical for wellbeing and success. Top attributes of good support were **empathy and competency**.

If this information has impacted you and you would like to take action, here are some of the simple ways you can get on board with disrupting entrenched disadvantage in WA:

 follow on facebook at facebook.com/100FamiliesWA

 visit the website 100families.org.au

 watch us on our [100 Families WA YouTube channel](#)

To learn more about the project visit www.100familieswa.org.au